



## “Best Practice”

**Revision of the Child Health Card in Zimbabwe:  
Modifying existing systems to improve general and  
HIV specific care of all children**

| MINISTRY OF HEALTH<br><b>CHILD HEALTH<br/>CARD</b><br>ZIMBABWE   |                |
|--|----------------|
|  |                |
| <b>GOOD INFANT FEEDING PRACTICE</b><br>Give only breast milk for the first 6 months.<br>Introduce solids and liquids from 6 months.<br>Continue breast feeding up to 24 months or beyond<br>unless counselled otherwise by a health worker.  |                |
| <b>KUDYA KWAKANAKA KWEMWANA</b><br>Ipai mwana mukaka wezamu chete pamwedzi<br>mitanhatu yekutanga.<br>Ipai kumwe kudya kana kunwa kubva pamwedzi<br>mitanhatu.<br>Rambai muchiyamwisa kusvika pamakore maviri<br>kana kudarika kunze kwekuti makatarirwa<br>mukadziviswa neve utano.   |                |
| <b>MUNYISA OKUNGABANGELI INGOZI</b><br>Munyisa ingane yakho okwenyanga eziyisithupha<br>zakuqala.<br>Qala ukuyipha okunye okudliwayo lo kunathwayo<br>uma islenyanga eziyisithupha.<br>Ohubeka ukumunyisa ingane yakho ize ifike iminyaka<br>emibili loba ukwedula, ngaphandie uma ucetshisiwe<br>ngabeszempila kahle ukuba ungamunyisi. |                |
| NAME OF CHILD:   |                |
| SURNAME OF CHILD:  |                |
| SEX:   | DATE OF BIRTH: |
| NAME OF MOTHER:  |                |
| PHYSICAL ADDRESS:  |                |
| PLACE OF BIRTH:  |                |
| HEALTH CENTRE:   |                |
| <small>For more information on infant feeding, contact your nearest Health Worker.</small>   |                |

**Ministry of Health & Child Welfare, Zimbabwe,  
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